

HURDLE STEP PATTERNS

7 STEP PATTERN FROM STARTING LINE

MEN 110H

- 1-2'3"
- 2-7'1"
- 3-12'7"
- 4-18'8"
- 5-25'3"
- 6-31'9"
- 7-38'2"

8 STEP PATTERN FROM STARTING LINE

MEN 110H

- 1-1'10"
- 2-5'8"
- 3-10'1"
- 4-15'0"
- 5-20'5"
- 6-26'2"
- 7-32'1"
- 8-38'2"

8 STEP PATTERN FROM STARTING LINE

WOMEN 100H

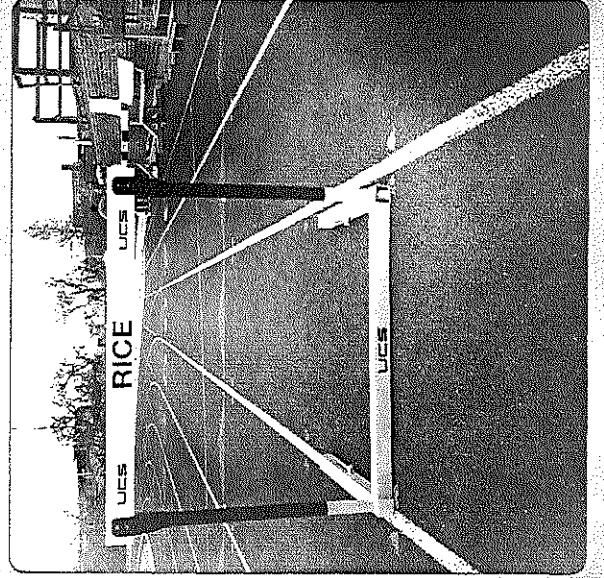
- 1-2'0"
- 2-5'8"
- 3-9'11"
- 4-14'6"
- 5-19'7"
- 6-25'2"
- 7-30'9"
- 8-36'2"

BETWEEN THE HURDLES

- Touchdown Distance- 3'8"
- Step 1- 5'3"
- Step 2- 6'4"
- Step 3- 6'1"
- T.O Distance= 6'7"

BETWEEN THE HURDLES

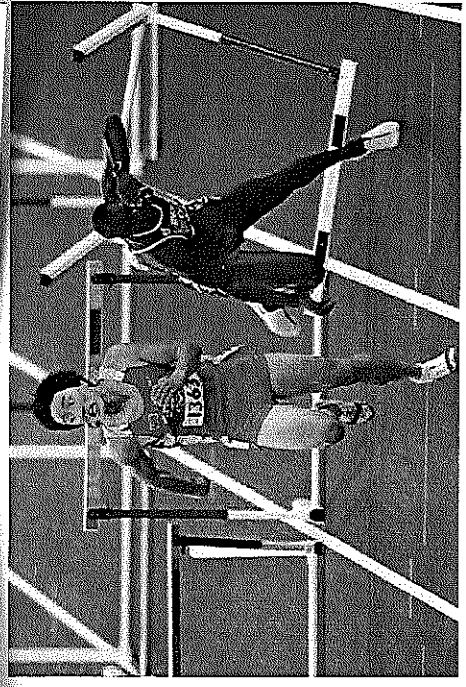
- Touchdown Distance- 4'8"
- Step 1- 6'0"
- Step 2- 6'4"
- Step 3- 6'2"
- T.O Distance= 6'10"



SHUFFLE DRILL SPACINGS

Description- Set up hurdles with the spacings shown in the box to the right. For hurdles lower than 30" use banana hurdles or cones. Encourage the athletes to stay in a tight shuffle, stepping over their ankles rather than their knees. Some good cues are dribble your feet like a basketball, run like you are wearing a tight skirt, work the ground. Cue them to step off the hurdle and touch down to the hurdle as close as they can in order to create or maintain momentum into the next hurdle. You want to encourage the athletes to bring speed into the first hurdle and try to negotiate the hurdles as fast as they can. If this isn't done at full effort it will not teach the athlete to shuffle properly. For hurdles lower than 30" (or lower than 36" for males) you can use a modified approach to the first hurdle. Just make sure to ensure that the athlete is taking off at an appropriate distance with a lot of speed!

- 12" HURDLES- 20' BETWEEN HURDLES
- 18" HURDLES- 22' BETWEEN HURDLES
- 24" HURDLES- 24' BETWEEN HURDLES
- 30" HURDLES- 26' BETWEEN HURDLES
- 33" HURDLES- 27' BETWEEN HURDLES
- 36" HURDLES- 28' BETWEEN HURDLES
- 39" HURDLES- 29' BETWEEN HURDLES
- 42" HURDLES- 30' BETWEEN HURDLES



Lead Leg Drills

	Flat Ground	Sticks	Mini Hurdles	Low hurdles	Full Height
Marching With Medball	1	3	5	-	-
Marching	2	4	6	-	-
Skipping With Medball	13	15	17	-	-
Skipping	14	16	18	19	-
Shuffling	-	-	24	28	32
Full Speed			25	30	34

Trail Leg Drills

	Flat Ground	Mini-Hurdle	Low Hurdle	Full Height
Falling	7	9	11	
Marching	8	10	12	
Skipping with Medball		20	22	
Skipping		21	23	
Shuffling		26	29	33
Full Speed		27	31	35